



# RESPONSIBLE USE OF TECHNOLOGY



## Make Good Choices

I use technology when it improves my learning.  
I make deliberate choices that support focus and avoid distraction.



## Focus on Learning

I avoid digital distractions and stay focused on the learning.  
I use only the digital resources that support my learning.



## Think and Create

I question what I read online and evaluate sources carefully.  
I use technology to develop my own ideas, not replace them.



## Communicate Respectfully

I give my full attention during explanation and discussion.  
I close my device when it is not required.



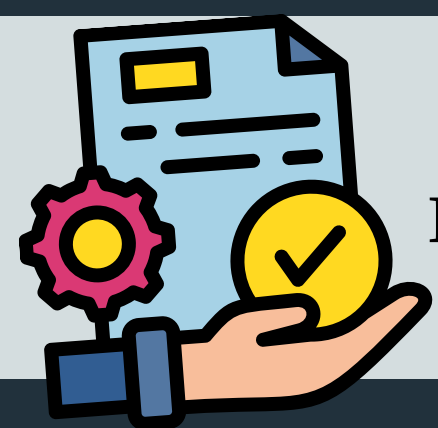
## Value Your Wellbeing

I do not use digital devices at break or lunchtime.  
I give my brain time to rest and reset away from screens.



## Stay Safe Online

I understand that my online actions leave a permanent digital footprint.  
I speak to a trusted adult if something feels wrong.



## Take Responsibility

I take responsibility for my use of technology and its impact on my learning.  
I recognise when technology is affecting my attention or wellbeing.

## Why this matters?

We learn best when we: **Focus deeply, think critically, connect with people**  
Technology is a powerful learning tool, when used responsibly.